

### **Abstract**

The invention includes embodiments of a device and system for restraining an object proximally to a hand of a user. The device includes an arm member and at least one attachment member that is attachable to the arm member. The object is restrainable proximally to the hand by extending the at least one attachment member between one side of the hand and another side of the hand, with the object is positioned between the hand and the at least one attachment member. The invention also includes a system for restraining an object to a hand of a user. The system includes an object restraining device and an object that has at least one groove, wherein the at least one attachment member is retainable in the at least one groove. The invention also includes a groove member, which is attachable to an object. The invention further includes a stick training system. The system includes a practice stick and a device for attaching a practice stick to a hand of a user. The invention also includes a system for restraining a gun to the hand of a user. The invention also includes a device for restraining a living being proximally to an arm of a user. The device can be used for purposes including self-defense, the military and law enforcement.